

## CERT NEWSLETTER

SINCE 1991

July 2013



## HB CERT

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CLASS 1



## President's Message

By Peter Petrelis

The Sidewalk CPR Day held Tuesday June 4 at Pier Plaza was a huge success. The basics of Hands-Only CPR were taught to over 100 members of the public.

Participants learned how to save a life by practicing on CPR manikins. CERT Volunteers who assisted the fire department were:

Nancy Boyer, Cynthia Goebel, Hannah Kilbourne, Peter Petrelis, Virginia Petrelis, Ron Roth, Annette South, Carmen Villar-Allen and Linda Vollmar.

The 6:30 pm, June 13 General Meeting in B-8 was attended by 40 members. Featured training was a presentation, led by Susan Keyes, about the Surf City Animal Response Team (SCART).

The June 22 Alternate Cooking in the Park was very successful and went as planned. All participants enjoyed cooking the breakfast omelet in a bag and then preparing and sampling the wide array of dishes cooked in Dutch ovens and box ovens.

## A BIG THANK YOU to:

Esther Whitton, Event Coordinator, for hosting and leading several planning meetings at her home, preparing novel individual badges for each cooking team member, registering the attendees and collecting donations. We appreciate everything Esther did in spite of her recent painful knee surgery.

Billie Brandon, Cooking Team Leader, for providing recipes, teaching cooking techniques, guiding the teams, demonstrating the wonderful omelet breakfast and no-bake chocolate oatmeal cookies. Billie provided a lot of the cooking equipment and cleaned it up. She helped Virginia and me shop for food and hosted an ingredient allocation session. Thanks, Billie, for working very hard to make the event a huge success.

Virginia Petrelis, Assistant Cooking Team Leader, for collecting and formatting the recipes, preparing ingredient lists, shopping for the ingredients, keeping track of expenses, providing cooking equipment and cleaning up.

Team leader #1 Nancy Boyer, for leading her team in preparing two tasty vegan dishes and beer bread. (beer facilitates the rising of the dough.)

Team leader #2 Cynthia Goebel, for leading her team in preparing red Chili Billies, brownies and beer bread.

Team leader #3 Holly Payne, for leading her team in preparing Parmesan potatoes, chicken soup and beer bread.

Team leader #4 Virginia Petrelis, for leading her team in preparing French bread, two large pizzas and beer bread.

Team leader #5 Anna Pinter, for leading her team in preparing Mexican meat pie, apple crisp and beer bread.

Team leader #6 Linda Vollmar, for leading her team in preparing white bean chili and beer bread.

Richard Batistelli and Paul La Greek for setting up and demonstrating an extensive display of disaster living equipment including tents, survival gear, grab and go bags and emergency lighting.

Ron Roth for logistic support, loading and transporting heavy tables and other equipment from the cargo container, helping set up and take down, and for transporting equipment back to the cargo container.

Eric Pinter, Anna Pinter's son, for arriving very early, helping with logistics and working the charcoal station that provided hot coals to the six Dutch ovens and seven box ovens.

Arthur Weiland for working the charcoal station with Eric and me. (Art and I probably would have enjoyed being firemen on a steam locomotive!)

The coordinated effort and hard work of all made this a very rewarding experience for the participants.

Event participants were: Richard Batistelli, Nancy Boyer, Billie Brandon and guest Sher, Melisse Bridges and guest Dorothy Parker, Michael and Patricia Cohen, Stephanie Deagle, Graciela Ennis-Becerra, Gracie Becerra, Tara Fort, Cynthia Goebel, Ursula Hartunian, Hannah Israel Kilbourne, Blanche Kung, Kitty Kwan, Paul La Greek, Shelley MacKay, Kenneth Mailman, Bradford and Cheryl Matsunaga, (continued)

## President's Message (continued)

Susan McClaran, Cindy McDaniel, Carol Oguri and family of three, Ann O'Mahony, Holly Payne, Peter and Virginia Petrelis, Anna Pinter and her son Eric Pinter, Margie Price and three guests, Heidi and Eric Ross, Raji Shunmugavel, Linda Vircks, Linda Vollmar, Art Weiland, Brenda and Tom Welch, Stephen and Louise Whitaker, Esther and Floyd Whitton.

We are rapidly approaching July 4 and the opportunity for CERT members to march in the parade and to staff a first aid booth at the parade. Please look for and respond to the email sent by me if you are interested.

Also, first aid trained CERT volunteers are needed to staff the first aid booth at the US Open of Surfing, July 20 through July 28. Contact event coordinator, Mike Reyes, CERT DSW Manager, at [sp2rays@yahoo.com](mailto:sp2rays@yahoo.com) to volunteer.

Members who completed basic CERT training in 2010, 2011, and 2012 but who did not complete the advanced training and live scan required to become "CERT Fire Department Volunteers" are now extended an opportunity to do so by February 2014. Information was emailed June 9. I did receive some emails showing interest. However, some email addresses have changed from those in our database. If you did not receive information and are interested, email me at [pgpworks@verizon.net](mailto:pgpworks@verizon.net) with your current address.

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**!!NEWSLETTER HELP!!:** Opportunities for CERT members exist to help edit and prepare the CERT newsletter. If you enjoy working with a computer, we will help you learn and use Microsoft Publisher to organize and create the monthly newsletter. Or if you enjoy editing newsletter articles, we can use your help. Newsletter team meets monthly, generally the last Tuesday of the month, 9:00 am to late afternoon when we finish. Why not come by and give it a try, we need your help! Please call me at 714-842-6136 to discuss.

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### Learn Sarver Heart Center's Continuous Chest Compression

[Sarver Heart Center's](#) newest video makes it easy to learn Continuous Chest Compression CPR. Every three days, more Americans die from sudden cardiac arrest than the number who died in the 9-11 attacks. You can lessen this recurring loss by learning the hands-only CPR method that doubles a person's chance of surviving cardiac arrest. Watch physician researchers Gordon A. Ewy, MD, and Karl Kern, MD, demonstrate the easy, life-saving method that they developed at the University of Arizona College of Medicine.

Two links for more information:

<http://ahsc.arizona.edu/node/730>

<http://heart.arizona.edu/learn-cpr>

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## Road to Recovery By Steph Deagle

I am new to the CERT program and I wanted to inform you about another volunteer program I work with called "Road to Recovery". I am a driver for cancer patients, helping to get them to needed treatments and doctor appointments. This is one of hundreds of services that the American Cancer Society (ACS) offers. It all starts with the (800) 227-2345 24-hour hotline number. They can help cancer patients, family members and caregivers.

I am also the volunteer coordinator for OC "Road to Recovery" and we need more drivers to volunteer their time to drive during the week. As I have a full time job, I can only volunteer on Fridays. Most of the time my volunteer efforts take one to two hours a day to help someone who might not have been able to get to their appointment. As a caregiver, I know how very straining it is on family and friends to have to care for a family member on a daily basis. To have an "Angel on Wheels" (which is what people have called me) show up and drive them to an important appointment is a special part of my week.

If you are interested in helping Road to Recovery, please call (800) 227-2345 and tell the service person you would like to get information sent to your house on how to sign up. You need a dependable car, insurance, and a driver's license. ACS will have you do a phone or computer training class on how and what to do with patients. Then ACS will direct me to coordinate which days you can volunteer each week.

The American Cancer Society prides itself on patient confidentiality. In your training, they will emphasize that you are just the driver. This is a time for the patient to sit quietly if they choose, and get to their appointment. As a driver, asking questions about treatments and details of what they are going thru is not our purpose. They have to talk about all that with friends and family. On some drives we just say hello and maybe chat about the weather. On other drives we will engage in conversations but keep in mind we do not ask questions but, rather, just talk about their interests.

Thank you for reading about my need and passion for Road to Recovery.

**Steph Deagle, (Angel on Wheels)**  
**Road to Recovery Volunteer Coordinator**  
[Stephh@superiorsigns.com](mailto:Stephh@superiorsigns.com) or  
[stephaniejdeagle@gmail.com](mailto:stephaniejdeagle@gmail.com)



# Fireworks and Summer Safety

[www.ocfa.org](http://www.ocfa.org)

Each year in the United States, more than 10,000 people suffer eye injuries and burns from fireworks. Most of these incidents are related to the use of illegal fireworks as well as state-approved fireworks that are lit by amateurs.

The following tips can help you be safe this 4<sup>th</sup> of July:

- Obey local laws. If fireworks are not legal where you live, do not use them.
- Buy only State Fire Marshal-approved (Safe and Sane) fireworks. They must have the State Fire Marshal's seal on them and can only be purchased at licensed fireworks stands.
- Have a bucket of water and a hose handy.
- Always read directions and have an adult present.
- Use fireworks outdoors only and light one at a time.
- Never use near dry grass or other flammable materials.
- Parents are liable for any damage or injuries caused by their children using fireworks.
- Fireworks are not toys and should be handled by adults only.
- Do not wear loose fitting clothing, and always use safety goggles.
- Use common sense and keep a safe distance.
- Never point or throw fireworks at another person.
- Never experiment with fireworks.
- Never attempt to re-light or "fix" fireworks.
- Never carry fireworks in your pockets.



## Nationwide Firework-Related Injury Statistics

- Children ages 5 to 9 have the highest injury rate involving fireworks.
- Sparklers are associated with the most injuries involving children under the age of 5.
- Sparklers can reach temperatures of more than 1000°F.

## What To Do If You Get Burned

- Cool the burn with cool water, not ice.
- Seek medical treatment or call 9-1-1.
- Do not apply butter or ointments.



## Other Fire Hazards Associated With July 4<sup>th</sup>

### Beach Firepits

After a barbeque at the beach, many picnickers cover red-hot coals with sand thinking it will extinguish the hot briquettes. Instead, the sand acts as an insulator making the coals even hotter. The result of this action can lead to children walking over the covered fire pit several hours later and severely burning their feet. Every year, six to 12 youngsters suffer very deep burns on their hands and feet, which require skin grafts and months of recuperation.

### Barbeque Mishaps

Beware of mixing oil with fire! Every year, thousands of backyard chefs become impatient when their charcoal briquettes are slow to heat. To speed up this operation they apply more charcoal lighter fluid to smoldering coals directly from the can. The result of this action is that the hot briquettes ignite the stream of lighter fluid in an instant, racing to the can, and bursting into flames in the cook's hand.

### Public Firework Displays

You can enjoy a Fourth of July celebration with friends and family at a professional firework show. Many communities provide additional amenities including BBQs, concerts and children's activities along with a large firework show.

Conducted by licensed, trained professionals, a public firework display is the smartest and safest alternative.

#### Safety Tips:

- Spectators should stay behind barriers.
- Pets have very sensitive ears and the sounds associated with a fireworks display can be quite uncomfortable. Leave pets at home.
- Leave the lighting of all fireworks to the trained operator. Most cities forbid the possession or use of any fireworks by private individuals.
- To find a fireworks show near you, call (714) 573-6225.

### Important Contacts

**Where to Find a Public  
Fireworks Display**  
(714) 573-6225  
[www.ocfa.org](http://www.ocfa.org)

**Report Illegal Fireworks**  
(714) 538-3501

**UCI Burn Center**  
(888) 622-BURN  
[www.ucihealth.com](http://www.ucihealth.com)

**American Academy of Pediatrics  
– Section on Ophthalmology**  
(866) 843-AAP1  
[www.aap.org](http://www.aap.org)



## Hot Weather Safety Tips for Adults

*By Anna Pinter*

On hot days when heat is a danger, use common sense and slow down. Strenuous activities can be eliminated, reduced, or rescheduled until the coolest part of the day.

Anyone with health problems should avoid the hot outdoors and stay in the coolest available spot indoors. Spend more time in air-conditioned places. If you live without air conditioning in your home go to the library, malls, movies, indoor pools or any place with cooling devices during excessive heat periods. Sunburn reduces your ability to dissipate heat, do not get too much sun.

Wear clothing that is lightweight and light colored to reflect the heat and sunshine. Another way to reduce your body heat is to put less fuel on your inner fires. Foods like meat and other proteins increase metabolic heat production which can increase water loss. Drink plenty of water. Drink plenty of fluids even if you do not feel thirsty. Do not drink alcoholic beverages and limit caffeinated beverages. However, a warning for all people who have restrictive diets or have problems with fluid retention be sure to consult a physician before increasing your fluid consumption. Do not take salt tablets unless they have been prescribed by a physician.

Never leave children or pets alone in closed vehicles. Temperatures inside a closed vehicle can reach over 140 degrees F within minutes. Exposure to such high temperatures can kill in minutes.

In their home, many individuals close their windows and do not have air circulating in their living area. Older people are prone to close windows due to fear of crime and intruders entering through an open window. Mitigate the danger by using window guards that prevent an intruder from entering your home. The majority of deaths during an urban heat wave are persons who are alone. Many neighborhoods in urban cities have neighborhood leaders who check on neighbors who are alone when the heat index rises.

Everyone should know how to respond. The effects of heat can happen very quickly. Take an American Red Cross first aid course to learn how to treat heat emergencies and other emergencies.

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## Huntington Beach Rules for Safe and Sane Fireworks

Safe and Sane fireworks may only be lawfully discharged in Huntington Beach within the following time period:

**July 4th from 12:00 noon to 10:00 PM**

The discharge of Safe and Sane fireworks during any other time is prohibited and subject to a \$500 fine for the first offense.

### Other restrictions include:

- Must be directly supervised by a person at least 18 years old
  - Cannot be discharged in the downtown area or on the city beach (beach side of PCH including beach parking lots)
  - Discharge is prohibited in commercial, industrial or manufacturing zones
  - Discharge is prohibited on public streets
  - Discharge is prohibited in all public parks
  - Discharge is prohibited on any public property. The only exception is for sidewalks and alleys in residential areas
  - Discharge of fireworks must be further than 10 feet from any residence, dwelling, structure or oil well
  - Permission must be obtained from the owner of any property on which fireworks are discharged
- 

## HAPPY 4TH OF JULY



## SCART Presents at June 13 CERT General Meeting

Every month Community Emergency Response Team (CERT) members of Huntington Beach meet and participate in trainings to further their knowledge and skills. On June 13, 2013 the Surf City Animal Response Team (SCART ) presented an interesting program on the care of animals before, during, and after a disaster. Susan Keyes, as the lead speaker, covered many topics such as SCART's mission statement, laws to protect animals during a disaster, Animal Ready Pak Kit and many more items.

### SCART'S Mission Statement

To respond to animal needs and assist other agencies during a disaster or crisis.

To educate the public in the care of animals during a disaster or crisis and educate them regarding animal abuse.

To provide training to individual owners to take care of their animals at home, and to assist the neighborhood animals before, during, and after a disaster

To offer assistance to cities with animal sheltering, pet response and disaster recovery as needed and requested

Lessons learned during Katrina led to one of the more recent landmark bills, the Evacuation and Transportation Standards (PETS) Act signed by President Bush on October 6, 2006 to help insure that America's pets and service animals aren't left behind in the next disaster.

### PETS Act

\*Requires the inclusion of companion animals in disaster planning at State and local levels

\*Approved by a unanimous voice vote in the U.S. Senate on August 4

\*Approved by the U.S. House of Representatives on September 20

### The Final PETS Act Bill

Contains provisions with disaster planning including: Local and state emergency preparedness authorities are to include plans for pets and service animals in their disaster plans to qualify for FEMA grants.

Gives FEMA the authority to assist states and local communities in developing disaster plans to accommodate people with pets and service animals.

Authorizes federal funds to help create pet-friendly emergency shelter facilities

Allows FEMA to provide assistance for individuals with pets and service animals, and the animals themselves, following a major disaster.

## FACTS:

People lost their lives in the wake of Katrina because government responders told them their animals had to be left behind.

Ten of thousands of animals became homeless or perished.

Over 358 million pets in the United States reside in 63% of American households.

Recent Zogby International poll found that 61% of pet owners say they would refuse to evacuate if they could not take their pets with them.

Over 11,000,000 California households have pets in their homes (most are a multiple pet household.)

A CERT-I-FIED "Thank You" to the members of SCART, who presented an interesting and enlightening program at the June 13 general meeting.

### A Special Thank You to:

Susan Keys, lead speaker.

Judy Durante, for coordinating the SCART presentation.

Pam Bertz for information provided for writing this article.

## EXAMPLES OF COMMERCIAL DISASTER PAKS FOR ANIMALS

(SEE PAGES 9 AND 10 FOR PREPARING YOUR OWN READY PAK)



## ANIMAL DISASTER PREPAREDNESS *READY PAK* KIT

- *Animal First Aid Kit* (don't forget to add the basic human first aid kit too).
- *Disaster kit* - maintain disaster preparedness supply kit for each of your animals. Have kit in a water resistant pack, with bright colors and bold letters, including the pet's name. Make sure kit is easy to carry and close to home exit. Laminate paper items or store in airtight plastic bags. Refer to Pet Information for *Ready-Pak*.
- *Veterinary Information* - Vet's name, phone number, address. Should also include vaccination and medical records. Store these in a waterproof plastic bag or container. Make sure you include an alternate vet, if possible.
- *Veterinary Disaster Plan* - find out if your vet has a disaster plan and what it is. This will help you know where and how to reach your vet if your pet needs emergency treatment.
- *Written release for vet care* - in the event of a disaster, you may not be available to make care decisions.
- *Vaccinations* - keep them current, as they will be needed for boarding purposes. Make sure they have had the Bordetella vaccine to help prevent "kennel cough."
- *Medications and dosing instructions* - mark on calendar to cycle meds before they expire. Keep at least a one week supply on hand; and don't forget hairball paste for the cats.
- *Pet's Behavior* - note your pet's normal daily behavior and also the animal's behavior when it is stressed. This will help others who need to handle your pet.
- *Current photographs* - include the owners with the animal. Try to take photos from different angles and include a description of identifying marks. Include at least 10 copies of the photos so that you can distribute them to shelters in the event your pet becomes lost. You might even consider making up some "lost" posters just in case.
- *Current ID tags* - on animal collars and/or microchip. Include out-of-state family or friend's phone number. Daily medications should be included on tags.
- *Sturdy animal carriers* - one for each animal and make sure it is large enough for them to stand, turn around and lay down in. Airport carriers are best for transporting, while the wire collapsible cages and exercise pens are better once the animal is stationary. Keep the carriers/kennels/crates in an easy to reach place. Familiarize your animal with carrier or cage before an emergency. Practice crate training with your pet(s). A pillow case can be used to evacuate a cat quickly, but must be placed in a carrier as soon as possible.
- *Sturdy leashes, collars, or harnesses* - keep handy for each animal and consider using a harness for both dogs and cats. Break-away collars prevent the pet from choking if it becomes attached to something. Keep extra collars, ID tags and leashes in your car. Including a yard/tether stake with cable is a good idea for a dog.
- *Muzzle* - cage muzzle or soft collapsible muzzle are best. (A gauze roll can be temporary muzzle.) Practice putting muzzles on your pet during play time.
- *Portable radio and extra batteries.*
- *Two weeks' supply of food and water* - 1 gallon of water per day for 40-pound dog and 1 quart of water per day per cat. Rotate food and water every 3-6 months. Check manufacturer's expiration date. Put a spoon or scoop in with the food and store them in an airtight container. Include any special feeding instructions for your pet. A good source of water would be to fill a bath tub and sink with water in case service is disrupted.
- *Manual can opener and attach extra spoons.*
- *Information on feeding schedules, medical conditions, behavioral problems and name and number of vet if you have to board or place your animals in foster care.*
- *Contact hotels and motels* outside your area that are animal friendly or would waive their pet policy during an emergency. Identify friends, relatives, kennels/boarding facilities and veterinary clinics that your animals might be able stay with if there is a disaster.
- *Window decals* - place in your window identifying the number and types of pets you have. If you evacuate and take your pets, leave a note so that rescuers won't be looking for them.
- *Pet treats* - include the kinds that your pet likes to reduce stress.
- *Animal beds and toys* - reduces stress and can be taken easily.
- *Extra blankets*
- *Cage liners* - seven (7) day supply.
- *Non-spill, heavy food and water bowls.*
- *Cat litter box and scoopable litter* - can be made out of a small cardboard box.
- *Newspapers* - for cage liners and can be used for splints.
- *Paper towels*
- *Grooming items* - brushes, combs, dry shampoo, flea treatment, scissors and nail clippers.
- *Household bleach, cleaners, disinfectants and antibacterial dish soap* - for cleaning crates and litter boxes.
- *Plastic bags and scoopers* - for waste disposal (also use a garden spade or child's shovel).
- *Plastic garbage bags.*
- *Towels, sheets, plastic sheets or sheeting.*
- *Buddy system* - in case you're not home when disaster strikes, ask a trusted neighbor to check on your animals. Exchange vet information and file a permission slip with the vet authorizing them to get emergency treatment for your animal if you cannot be located. Make sure your neighbor has a house key and is willing to take care of your pets. Make sure they are comfortable with your pets and understand their behavior under normal and stressful circumstances. Make sure they have met your pets prior to the disaster. Choose a specific location to meet if you are unable to return home after the disaster. They should also have another contact number to reach you if your designated meeting place is not available.



## PET INFORMATION FOR *READY PAK*

Owner Information		
Last Name	First Name	Pet's Name
Street Address	City	Zip Code
Home Phone	Work Phone	Cell Phone

Emergency Contact (Friend or relative who can make medical decisions for my pet in an emergency)		
Phone Number	Name	Relationship to Pet Owner

Out-of-State Contact (Friend or relative who can make medical decisions for my pet in an emergency)		
Phone Number	Name	Relationship to Pet Owner
Street Address	City	Zip Code

Pet Information					
Pet's Name		License Tag Number		Microchip or Tattoo? <input type="checkbox"/> Yes <input type="checkbox"/> No Number: _____	
Type of Pet <input type="checkbox"/> Cat <input type="checkbox"/> Dog <input type="checkbox"/> Bird <input type="checkbox"/> Reptile <input type="checkbox"/> Other _____				Size <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large	
Breed		Color		Distinguishing Marks	
Fur Length <input type="checkbox"/> Short <input type="checkbox"/> Medium <input type="checkbox"/> Long	Type of Coat <input type="checkbox"/> Smooth <input type="checkbox"/> Wavy <input type="checkbox"/> Coarse	Tail <input type="checkbox"/> Long <input type="checkbox"/> Bushy <input type="checkbox"/> Short <input type="checkbox"/> Curly <input type="checkbox"/> Cropped	Ears <input type="checkbox"/> Erect <input type="checkbox"/> Cropped <input type="checkbox"/> Flop	Declawed? <input type="checkbox"/> Yes <input type="checkbox"/> No	Injured or sick? <input type="checkbox"/> Yes <input type="checkbox"/> No Explain _____
Pet's Sex <input type="checkbox"/> Male <input type="checkbox"/> Female	Neutered or Spayed? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown	Pet's Birth Year:	Vaccinations within the Last Year <input type="checkbox"/> DHLPP <input type="checkbox"/> Corona <input type="checkbox"/> Parvo <input type="checkbox"/> FELV <input type="checkbox"/> FVRCP <input type="checkbox"/> Other _____ Medical Conditions: _____		
Rabies vaccination in the last three years? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown					
Aggressiveness: <input type="checkbox"/> People <input type="checkbox"/> Dogs <input type="checkbox"/> Cats <input type="checkbox"/> Others _____					

Owner's Signature	Date
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1. Include photo of your pet with your family members in the photo for proof of ownership!
2. Attach a copy of your pet's vaccination record (keep all documents in waterproof bags)!
3. Have a decal or sticker in your window identifying numbers of animals inside your home and emergency contact numbers!

## Specific Animal Supplies for *Ready-Paks*

### Special Needs for All Animals:

List of special markings on animal	Hand pump (if regular service is interrupted)
Photos of animal(s) with owners (show special markings)	Manual can opener
Vet records	Newspapers
Animal medications, including dosage and schedule	Plastic bags for waste
Bedding (pads, pellets, shavings, sheets, towels)	Stakes & tie-outs to be used for kennels/cages
Dietary Supplements with directions for use, if given	Shovels (garden type, long handled and folding)
Food and Water dishes or pails (heavy, no-spill type)	

### Specific for Dogs:

Blankets	Leashes, harness (include gentle-leader type)
Cage/Kennel liners	Muzzles/ropes for muzzles
Collars with ID (No chain collars)	Pooper-scooper or garden shovel
Crates or portable kennels (small, medium, large)	Toys
Dry & wet dog food (small pop-top cans)	Treats

### Specific for Cats:

Cat carriers, crates or kennels (small, medium)	Litter (1 week supply)
Cat (wildlife) gloves	Litter pans (small, fold-out box)
Collars with ID tags	Plastic litter pan liners
Leashes, harness (for cats)	Towels to handle frightened or injured cats

### Specific for Horses:

Feed for one week (minimum)	Pitch fork (manure fork or long shovel)
Gallon barrels for food and water	Portable corrals
Bolt cutters	Rope or lariat
Fly spray and/or mask	Salt licks
Grooming brush, shaving	Shavings for bedding (one week supply)
Hoof picks, knife, and nippers	Super Mask
Horse blanket or sheet & vest (2 week supply)	Tarpaulins
Horse first aid kit	Tie out rope
Leather gloves	Toys
Leg wraps	Tub trugs with tail tamers
Lime powder	Twitch
Muck buckets or wheel barrow	Vet supplies
Non-nylon leads, halters and shanks	Water buckets (metal & firm, flexible plastic)

### Special ID for Horses and Livestock:

Bill of Sale or documentation to prove ownership
Braiding ID information into the mane
ID tags (neck, legs, ears)
Livestock crayons (mark name, address and phone on coat)
Use clippers to shave information into the coat

**Specific for Birds:**

Evacuation cage (bird can't chew out of) or enclosed carrier  
Cage materials (bedding, perches, water and food trays, toys)  
Cage liners (1 week supply)  
Flashlight and extra batteries (regulates light hours for your bird)  
Heavy towels (to cover cage and keep birds warm)  
Hot water bottles  
Long-handled net with small openings that your bird can't get its head through  
Plant mister  
Treats

**Specifics for Small Animals:**

*(Ferrets, hamsters, gerbils, rats, mice, guinea pigs, etc.)*

Exercise equipment  
Extra bedding  
Secure cage, covered  
Supply of food (one week supply)

**Specific for Reptiles and Amphibians: (Herptiles)**

Bag of sand  
Battery-operated heat lamp and extra batteries  
Cage, secure container or enclosed carrier (one that fits)  
*(Pillow case can be used to transport snakes, but must be moved to secure housing ASAP)*  
Cage accessories (bowls for water and lying in, moss, rocks, hiding box, and liners)  
Dechlorinator drops  
Fruit and vegetables (fresh, frozen, canned or baby food. Remember only "no salt added")  
Pellet food  
Plant mister

**Special Supplies for Reptiles and Amphibians: (Herptiles)**

Evacuation case – temperature regulated (small aquarium, solid walled cage or plastic critter case)  
Artificial turf  
Bowl or flower pot (turned over) for hiding  
Butcher paper  
Calcium/vitamin supplements  
Cleaning supplies (soap and water only)  
Electric cords (if electricity available for aquatic heaters and sirpumps)  
First aid book for reptiles/amphibians  
Linoleum  
Medications and dosage instructions  
Pine chips  
Plain newsprint paper  
Pliers and wire (necessary for repairs)  
Slope or step to climb out of water  
Spray bottles  
Sterilized leaves, sphagnum moss, river sand, potting soil (no chemicals)  
Substrates (floor coverings – arid or tropical environments)  
Towels for covering cage



## Heat Can Be a Killer

*The following information is presented by  
The National Oceanic and Atmospheric  
Administration (NOAA)*

Heat is one of the leading weather-related killers in the United States, resulting in hundreds of fatalities each year. In the disastrous heat wave of 1980, more than 1,250 people died. In the heat wave of 1995 more than 700 deaths in the Chicago area were attributed to heat, making this the deadliest weather event in Chicago's history. In August 2003, a record heat wave in Europe claimed an estimated 50,000 lives.

North American summers are hot and most summers see heat waves in one or more parts of the United States. East of the Rockies, they tend to combine both high temperatures and high humidity although some of the worst heat waves have been catastrophically dry.

### NOAA's Watch, Warning, and Advisory Products

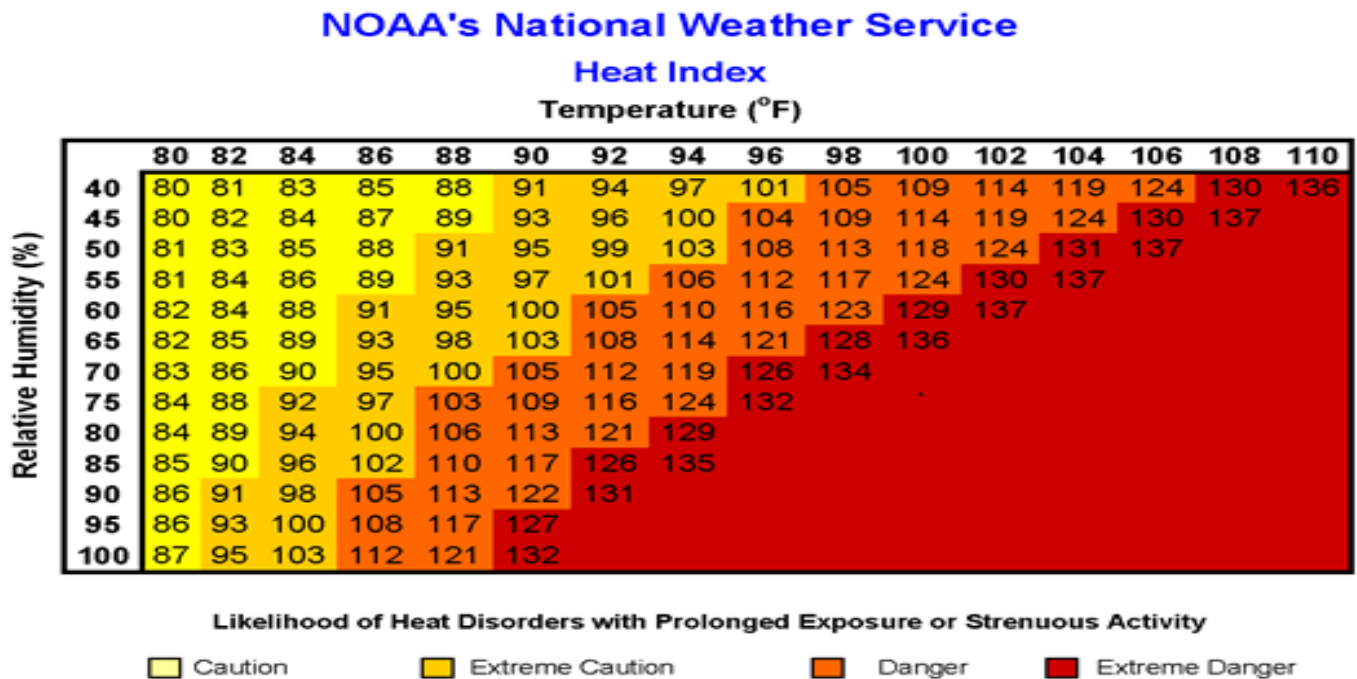
those who need to prepare can do so, such as cities officials who have excessive heat event mitigation plans.

Excessive Heat Warning/Advisories are issued when an excessive heat event is expected in the next 36 hours. These products are issued when an excessive heat event is occurring, is imminent, or has a very high probability of occurring. The warning is used for conditions posing a threat to life. An advisory is for less serious conditions that cause significant discomfort or inconvenience and, if caution is not taken, could lead to a threat to life.

#### How Forecasters Decide Whether to Issue Excessive Heat Products

NOAA's heat alert procedures are based mainly on Heat Index Values. The Heat Index, sometimes referred to as the apparent temperature is given in degrees Fahrenheit.

The Heat Index is a measure of how hot it really feels when relative humidity is factored in with the actual air temperature.



#### **for Extreme Heat**

Each National Weather Service Forecast Office issues the following heat-related products as conditions warrant:

**Excessive Heat Outlooks** are issued when the potential exists for an excessive heat event in the next 3-7 days. An Outlook provides information to those who need considerable lead time to prepare for the event, such as public utility staff, emergency managers and public health officials. See the mean heat index and probability forecasts maps.

Excessive Heat Watches are issued when conditions are favorable for an excessive heat event in the next 24 to 72 hours. A Watch is used when the risk of a heat wave has increased but its occurrence and timing is still uncertain. A Watch provides enough lead time so that

To find the Heat Index temperature, look at the Heat Index chart. As an example, if the air temperature is 96°F and the relative humidity is 65%, the heat index--how hot it feels--is 121°F. The National Weather Service will initiate alert procedures when the Heat Index is expected to exceed 105°-110°F (depending on local climate) for at least 2 consecutive days.

**IMPORTANT:** Since heat index values were devised for shady, light wind conditions, **exposure to full sunshine can increase heat index values by up to 15°F**. Also, **strong winds**, particularly with very hot, dry air, can be extremely hazardous.

The Heat Index Chart shaded zone above 105°F (orange or red) shows a level that may cause increasingly severe heat disorders with continued exposure or physical activity.



# JUNE 4 HANDS ON CPR AT PIER PLAZA





## JUNE 22 , 2013 CERT ALTERNATIVE COOKING IN THE PARK





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## Neighbors-Helping-Neighbors

**MISSION STATEMENT:** The mission of the Community Emergency Response Team (CERT) Program is to provide information and training on disaster preparedness; provide leadership and coordination during an emergency, and assistance to help victims recover from an emergency.

### CPR Classes

Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee. Dates are listed below:

- Saturday, July 20nd - 10 AM to 1 PM
- Wednesday, July 24th - 6 PM to 9 PM
- Saturday, August 17nd - 10 AM to 1 PM
- Wednesday, August 28th - 6 PM to 9 PM
- Saturday, September 21st - 10 AM to 1 PM
- Wednesday, September 25th - 6 PM to 9 PM

To enroll in CPR classes, call 800-400-4277 or 714-556-4277. Class location is in the HB area and exact location given at time of enrollment.

### Upcoming Events

- July 4, 2013 CERT March in Parade
- July 4, 2013 CERT Staff First Aid Booth during Parade at Clay Street end
- July 11, 2013 6:30pm General meeting in B7/B8.
- July 20 through July 28, 2013 Staff First Aid Booth during US Open of Surfing

### CERT Database

Fire Department Volunteers (CERT members) have the opportunity to be added to the new CERT database by contacting Peter Petrelis at [pgpworks@verizon.net](mailto:pgpworks@verizon.net) to update their information.

## HB CERT Newsletter Staff

### Proof Reading / Editing Team:

Anna Pinter	Judy Ann Morris	Peter Petrelis	Virginia Petrelis
Art Weiland	Carol Nehls	Cynthia Goebel	

**Attention!** If you want something placed in the Upcoming Events, e-mail Judy Ann at [jamorris189@yahoo.com](mailto:jamorris189@yahoo.com)



## IMPORTANT ANNOUNCEMENT!

CERT Website: [www.huntingtonbeachca.gov/cert](http://www.huntingtonbeachca.gov/cert) CERT Contact: [CERT@surfcity-hb.org](mailto:CERT@surfcity-hb.org)  
CERT Message line 714-536-5974, (THIS IS A MESSAGE LINE ONLY!)